



Please note we will be having a retiring collection on Sunday and next in each of our churches in aid of the Disaster Emergency Committee's Turkey-Syria Earthquake Appeal.

Lent Extra Through its daily reflections and thought-provoking articles, 'Lent Extra 2023' is your essential guide to Lent and beyond. If you would like to order a copy of this book through the office at the cost of £2.25 please sign up on the sign-up list in our churches by this Sunday 12th February 2023.

Time to get 'The book of Forgiving' by Desmond and MPHO Tutu. During Lent this year, we are encouraging as many people as possible to read 'The Book of Forgiving'. To assist this, we will use the weekly notice sheet to ask questions to prompt reflection on what we are reading. For those who wish we, will also offer a weekly group where you discuss the book, to be held on Tuesdays, from 28th February to 28th March, from 6.30pm to 8pm at St Andrew's Church, Ipplepen. If you would like to order a copy of this book through the office at the cost of £8.99 please sign up on the sign-up list in our churches by Sunday 19th February 2023.

'Coffee Time!' At St Andrew's Church on Saturday 11th March from 10.30am to 12 noon (ish). Everyone is welcome to the first 'Coffee Time!' on Saturday 11th March. There is no charge, donations only. We are hoping that you will come and enjoy a cup of delicious fresh coffee and tea and a piece of cake or biscuit. Bring friends and enjoy the space in our historic building. The coffee morning will be held on the 2nd Saturday of each month from March 2023.

Dr Paul Russell, Churchwarden from Broadhempston, is running the London Marathon for Compassion UK, a Christian charity, supporting children in extreme poverty. Please read his article in The February and March 2023 edition of The Beacon Magazine. <https://challenges.compassionuk.org/profile/4850/paul-russell>

Saturday 18th March, 10am - 4pm Mission Community Retreat Day (based on the book 'The boy, the mole, the fox and the horse') - Parish Rooms and Church Woodland. Please sign up on the sheets at the back of our churches.

Readings	This week	Next week
Readings for this Sunday:		
1st Reading	Genesis 1:1-2.3	Exodus 24:12-End
	Psalms 136:1-9, 23-End	2
2nd Reading	Romans 8:18-25	2 Peter 1:16-End
Gospel	Matthew 6:25-End	Matthew 17:1-9

Readings for the week ahead:

Mon	13 th	Mark 8:11-13	Thurs	16 th	Mark 8:27-33
Tue	14 th	Mark 8:14-21	Fri	17 th	Mark 8:34-9.1
Wed	15 th	Matt 8:22-26	Sat	18 th	Mark 9:2-13

Readings can be viewed/downloaded from <https://bible.oremus.org/>

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Sunday 12th February 2023

Second Sunday before Lent

Today - Sunday 12th February

9.30 am	Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion	
	With Children's Activities	- Ss Peter and Paul, Broadhempston
11.00 am	Celtic Morning Prayer	- St Andrew's, Ipplepen

Morning Prayer

This week morning prayer will be said at the following times:

Tuesday	9.15 am	- St Andrew's Ipplepen
Thursday	9.15 am	- St Mary the Virgin, Denbury
Friday	9.15 am	- Ss Peter and Paul, Broadhempston
		(A time of silent prayer and meditation)

Reflection

All our churches are open for private prayer and reflection throughout the week from approximately 9am to 5pm each day.

Mid-Week

Monday - Rev Andrew Down, Hillarie Griggs and Sarah Nichols on retreat.

Rev Andrew Down on Annual Leave Wednesday – Saturday.

Monday	3pm-5pm	'T-Pot'	- Church Cottage, Denbury
	7.30 pm	Bellringing Practice	- Ss Peter and Paul, Broadhempston
Tuesday	10.15 am	Holy Communion	- St Andrew's, Ipplepen
Wednesday	7.00 pm	Bellringing Practice	- St Mary the Virgin, Denbury
	7.30 pm	Bellringing Practice	- St Andrew's Ipplepen
Thursday	10.15 am	Holy Communion	- Church Cottage, Denbury

Next Sunday 19th February – First Sunday Before Lent

9.30 am	Holy Communion	- St John the Baptist, Woodland
11.00 am	Holy Communion	- St Andrew's, Ipplepen
4.30 pm	Come Holy Spirit: An Informal Service of Reflection	- St Andrew's Church Hall, Ipplepen

Points of Prayer: We pray for the people of Turkey and Syria where lives have been devastated by the recent earthquake. Comfort and give strength to those who have lost loved ones, to those who wait for news and to those who are searching amongst the rubble. We give thanks for those who have offered help and aid.

In Memory: Ian House, Frank Petty, Arthur Guppy, Jenny Buckle, Peter Byrom, Ann Hockin Higby, Mary Cleave, Derek Reed, John Harris, Ron Paston, Margaret Maddicott and Vernon Kerslake.

Ash Wednesday Mission Community Service – 22nd February 2023 at 6.30pm. Our Mission Community Holy Communion Service with Imposition of Ashes will take place at St Andrew's Church, Ipplepen.



Reflection by Rev'd Andrew Down

Second Sunday before Lent
12th February 2023

Moving to the heart of the matterYou have heard it said...But I say to you....

Laws are good and indeed essential for society. Laws set boundaries, protect the common good and defend the vulnerable. In today's gospel however Jesus offers a more challenging, creative and ultimately more life giving vision of life and relationships. At its core Jesus' teaching is about moving away from an ethical approach which takes its lead from boundaries e.g. you can go here but no further. In its place Jesus offers an ethical vision that encourages movement to the centre; the root; the heart of things. Jesus' vision is based on extravagantly building, promoting and encouraging fullness of life. This is an expansive, abundant, challenging and life affirming ethic.



If we are to approach and draw near to this level of relational living as Jesus expounds in today's gospel we need to nurture our heart relationship with God, our neighbours and ourselves. Another way to describe this 'kingdom' ethic is that it calls us to move from a head way of living (with its focus on boundaries and limits) to a heart way of living that is centred and rooted and from which things can grow and flourish. From this centred approach bridges and connections rather than boundaries and barriers become the stuff of life and relationships. It's an ethical vision that is extravagant - yes; courageous - yes; challenging - yes; life giving - yes.

Moving to the centre: a prayer, a song and a practice

A prayer by St Augustine

Eternal God, who are the light of the minds that know you, the joy of the hearts that love you, and the strength of the wills that serve you; grant us so to know you that we may truly love you, and so to love you that we may fully serve you, whom to serve is perfect freedom, in Jesus Christ our Lord.

Amen

The Song 'Be The Centre' by Mike Frye

Jesus, be the centre
Be my source, be my light
Jesus

Jesus, be the centre
Be my hope, be my song
Jesus

Be the fire in my heart
Be the wind in these sails
Be the reason that I live
Jesus, Jesus

Jesus, be my vision
Be my path, be my guide
Jesus



The practice of silent prayer

It is recommended to follow the following practice for 20 minutes twice a day - once in the morning and once in the afternoon / early evening.

Choose a sacred word as a symbol of your intention to 'abide' e.g. a suitable word could be God or love.

2. Sitting comfortably with eyes closed, settle briefly and silently introduce the sacred word as your symbol of your consent to God's presence and action already abiding in you.
3. When you become aware that you are engaged with thoughts (including body sensations, feelings, images and reflections), return ever-so-gently to the sacred word.
4. At the end of the prayer time, remain in silence with eyes closed for a couple of minutes.